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Monday, April 11, 2011
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1. Take A Chance On Me - ABBA
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3. Stayin' Alive - Bee Gees
4. Heart Of Glass - Blondie
5. I Got You (I Feel Good) - James Brown
6. Margaritaville - Jimmy Buffett
7. Tainted Love - Soft Cell
8. In The Air Tonight - Phil Collins
9. Under The Boardwalk - The Drifters
10. Hotel California - Eagles
11. September - Earth, Wind & Fire
12. Sweet Dreams (Are Made Of This) - Eurythmics
13. Don't Stop - Fleetwood Mac
14. I Can't Help Myself - Four Tops
15. Respect - Aretha Franklin
16. I Will Survive - Gloria Gaynor
17. Some Kind Of Wonderful - Grand Funk Railroad
18. I Love Rock & Roll - Joan Jett & The Blackhearts
19. Piano Man - Billy Joel
20. Crocodile Rock - Elton John
21. Celebration - KOOL & The Gang
22. Girls Just Wanna Have Fun - Cyndi Lauper
23. Sweet Home Alabama - Lynyrd Skynyrd
24. Blinded By The Light - Manfred Mann's Earth Band
25. Jack & Diane - John Mellencamp
26. Down Under - Men At Work
27. Take The Money And Run - Steve Miller Band
28. Brown Eyed Girl - Van Morrison
29. Caribbean Queen (No More Love On The Run) - Billy Ocean
30. Pretty Woman - Roy Orbison
31. In The Midnight Hour - Wilson Pickett
32. Every Breath You Take - Police
33. Burning Love - Elvis Presley
34. Another One Bites The Dust - Queen
35. Nowhere To Run - Martha Reeves
36. Tears Of A Clown - Smokey Robinson
37. (I Can't Get No) Satisfaction - Rolling Stones
38. Hold On, I'm Comin' - Sam And Dave
39. Old Time Rock & Roll - Bob Seger
40. I Got You Babe - Sonny & Cher
41. Do Ya Think I'm Sexy? - Rod Stewart
42. You Can't Hurry Love - Dianna Ross & The Supremes
43. My Girl - The Temptations
44. The Boys Are Back In Town - Thin Lizzy
45. Hooked On A Feeling - B.J. Thomas
46. What's Love Got To Do With It - Tina Turner
47. It's A Heartache - Bonnie Tyler
48. I Still Haven't Found What I'm Looking For - U2
49. December, 1963 (Oh What A Night) - Franki Valli
50. Superstition - Stevie Wonder

www.kool965fm.ca



**VOULEZ-VOUS
DU FROMAGE?
A RATATOUILLE TO
MAKE YOU MELT** {page 13}

**TALKING TOTS
TAKE OVER YOUTUBE
BUT WHAT ARE THEY
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SCHWARTZEL
TAKES MASTERS
SPORTS** {page 19}



HALIFAX

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Monday, April 11, 2011
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News worth sharing.

RYAN TAPLIN/METRO



► Dalhousie student Khaled Khaldi shows his support for embattled Syrian President Bashar al-Assad during a rally at Victoria Park yesterday. Another group of protesters who were calling for al-Assad's ouster were also rallying at the park yesterday.

Protest heats up

► Tempers flare as local Syrians let voices be heard ► No arrests, but pushing and shoving between some protesters on opposite sides

Two sides faced off yesterday afternoon as escalating political protests in Syria resulted in some heated moments at Victoria Park.

Halifax police were at the rally to monitor the situation as tensions rose between supporters and non-supporters of Syria's current president Bashar al-Assad.

Both sides were yelling back and forth with police stepping in to separate a handful of physical confrontations.

Close to 50 people of all ages took part in the demonstration in downtown Halifax.

Mohamed Masalmeh, 33, wants al-Assad out of power and said he helped organize the protest to bring awareness to the current situation in Syria.

"We want to tell the world... that right now there is a tyrant in Syria that is killing his own people," he said.

"I'm just here to support my country."

ADEEB KHAIDI, 16, A SYRIAN WHO LIVES IN HALIFAX

However, an equally vocal group was showing their support for the president.

"We want to show the people that our president, Bashar al-Assad, is not a bad person," said 16-year-old Adeeb Khaidi.

"These people are convinced that our country is bad just like a lot of other countries in the Arab world."

Syria erupted with pro-democracy demonstrations over three weeks ago which have continued to escalate, resulting in deaths and challenging al-Assad's presidency.

Masalmeh said yesterday's rally called for the Canadian government to officially condemn the violence in the region. ● TERRA CIOLEFF

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Roy Building redevelopment disputed

The municipality's heritage advisory committee is pushing back against proposed changes to the Roy Building.

Regional council is set to decide tomorrow on the fate of the Roy Building, located at 1651 Barrington St., and the Discovery Centre building at 1595 Barrington St.

Both buildings have de-

velopers planning mixed-use commercial redevelopments.

While the heritage advisory committee approves of the Discovery Centre development, a report to council suggests plans for the Roy Building do not comply with the municipality's policy on adjacent buildings.

"It is the opinion of the

committee that the proposal does not satisfactorily address (the policy) with respect to the Barrington sub-area," reads the report, submitted by committee chair Stephen Terauds.

On that ground, the report recommends refusing the development agreement with Starfish Properties.

Barrington Street façade

The heritage committee's report also notes their discomfort with the re-creation of the Barrington Street façade for the Roy Building, stating the "re-installation of the name and date plaques on the Roy Building was of particular concern."

A staff report on the issue, along with the opinion of the District 12 Planning Advisory Com-

mittee, recommends the development agreement be approved.

● ANDREW CALEY

May rallies for support in Halifax

► Green party looking for its first seat in the House ► Crowds protest leader's exclusion from debates



ALEX BOUTILLIER
@METRONEWS.CA

"E May on the way," the crowd chanted as Elizabeth May took the stage on the Halifax waterfront Saturday.

About 200 people showed up at Sackville Landing for May's rally for democracy.

"If we've got democracy in the streets of Cairo, can we not have democracy on the streets of Halifax?" the Green party leader said to the cheering crowd.

May's speech focused on being held out of the debate and her concern about topics that she felt were going to be missed. Topics she was concerned

"If Joseph Howe was alive today, I don't think the world could contain his rage at the media cartel that masks as a consortium."

GREEN PARTY LEADER
ELIZABETH MAY

about are climate change, policing policies at the G8 and G20 summits, the growing gap between rich and poor, the plight of First Nations and equality for women.

She also urged supporters to protest the major television networks that made the decision to keep her out of the debates.



► Green party Leader Elizabeth May, accompanied by her daughter Victoria Cate, right, attends a campaign rally in Halifax on Saturday. **LE, VOTE GREEN**

Man injured in drive-by shooting

A 22-year-old man was shot in the chest in a drive-by shooting on Highway 111 in Dartmouth on Saturday night.

Halifax Regional Police say officers were on a different call near Victoria Road around 10 p.m. when a car pulled up car-

rying the injured 22-year-old. They quickly briefed the officers on what happened.

The victims in the car "were driving on the highway and a white van pulled up beside them and fired a shot into the rear passenger compart-

Highway 111

The victim suffered serious but non-life threatening injuries. He was released from hospital yesterday.

ment," said spokesperson Sgt. Gordon Graham.

"The vehicles were both moving at the time of the incident," he said.

● LAURA WARREN

News in brief

Police probing suspicious death

Police announced last night they are investigating a suspicious death in Lake Echo.

Halifax RCMP said in a release issued just before 9 p.m. that a man was found dead off

Mineville Road and that the Major Crime Unit was investigating.

Police spokesman Cpl. Scott MacRae said no other details could be provided when contacted last night, including the victim's age and exactly where he was found.

The press release said an update is expected to be provided this morning.

● PHILIP CROUCHER



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On the web at metronews.ca



Pierre Trudeau makes a surprise appearance on the campaign trail, thanks to Stephen Harper. Video at metronews.ca.

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Red Carpet



► Issaca Pomerance-Trifts, 7, and her brother Obblee are decked out for the red carpet as they have fun at the ViewFinders Expo at the Discovery Centre yesterday.

RYAN TAPLIN/METRO

Festival kicks off The 10th annual ViewFinders International Film Festival for Youth kicks off tomorrow and runs until Saturday.

Capital Health set to cut down budget

► Cuts a 'clear acknowledgement of the state of the province's balance sheet': Capital Health CEO ► Changes will lead to 271 fewer positions over 3 years



ALEX BOUTILIER
@METRONews.ca

The province's largest district health authority is trimming \$36.2 million from its budget over the next three years.

Capital Health's board approved a multi-year business plan that will see an \$18.97-million cut in 2011-12, a \$9.5-million cut in the

following year, and a \$7.7-million cut in 2013-14.

CEO Chris Power said the reduction will result in fewer positions with the DHA.

"Retirements and resignations, and in some cases work reassignments, are expected to reduce the current workforce by an estimated 270 full-time equivalents, or FTEs, over three years," he wrote in a letter to Capital Health

Reductions

- **Clinical care:** reduced by \$6.8 million or 1.13 per cent
- **Non-clinical portfolios:** \$4.9 million or 2.63 per cent
- **Other area:** (Travel, shared services) \$7.2 million or one per cent

staff. "Layoffs are a last resort and, if necessary, will happen in accordance with collective agreements and other contracts."

In March, the province announced it would freeze DHA funding at 2010-11 levels for the coming year. While not technically a cut, inflationary pressures will mean the freeze amounts to a \$11.3-million shortfall in Capital Health's budget this year.

Man in critical condition after hash-oil fire

Halifax police say a man was badly burned and his house was damaged Saturday in a fire that was caused due to an attempt to manufacture hash oil.

The man was taken to the Queen Elizabeth II Health Sciences Centre burn unit.

At mid-afternoon Saturday, he was listed in critical condition with serious burns to his head and body.

RCMP Staff Sgt. Bruce Webb said the man taken

to hospital has a permit for medicinal marijuana.

He said at the time of the fire a man was in the basement making hash oil with isopropyl alcohol.

Webb said the alcohol exploded, setting the man on fire.

The staff sergeant said the matter will be investigated, but he added it's too early to say whether charges will be laid in connection with the fire.

THE CANADIAN PRESS

CAPE BRETON

Burke died of natural causes: Autopsy

An autopsy has confirmed that the sudden death of Myles Burke, chief of the Cape Breton Regional police force, was due to natural causes.

Halifax Regional Police released the results of the post mortem yesterday, but didn't

give the specific cause.

Burke's body was found in a car in the parking lot of a Halifax hotel on Saturday.

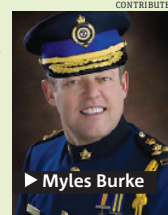
His death at 49 is being described by his peers as a major loss to policing in the province.

Chief Frank Beazley of the Halifax police says he had met with his colleague just two days before and Burke's death

came as a complete shock.

Burke had been in charge of the Cape Breton police force for a little more than two years prior to his death.

THE CANADIAN PRESS



► Myles Burke

Sierra Planning and Management to conduct study

Toronto-based Sierra Planning and Management has been selected to conduct a feasibility study on a potential new stadium for Halifax.

Halifax Regional Council announced they selected Sierra to conduct the study on Friday.

Sierra will join Halifax-based CBCL Limited and Novita Interpares of Lunenburg on the project.

With mounting pressure to finalize the plans in anticipation of Halifax's bid for the FIFA 2015 Women's World Cup, the city hopes to have the study completed by the summer.

ALEX BOUTILIER

Marchers demand ferry service to start up again

More than 300 people marched through the streets of Yarmouth yesterday to demand restoration of ferry service to New England.

Business owners, politicians and concerned citizens gathered at the ferry terminal to try to get the attention of both the federal and provincial governments.

The ferry service was shut down last year after the provincial government gave notice it would no longer provide annual support of \$6 million to operator Bay Ferries.

THE CANADIAN PRESS

Crash

► **Injuries** No one else was hurt in the crash.

Motorcyclist killed in two-vehicle collision

A motorcyclist was pronounced dead at the scene of a two-vehicle collision in Beaver Bank Friday evening.

The 49-year-old man died after his motorcycle collided with a minivan,

RCMP said in a news release.

RCMP responded to the crash, which happened around 6 p.m. at the intersection of Beaver Bank Road and Pinehurst Way.

Paramedics pronounced

the man dead at the scene. His name is yet to be released pending the notification of his family members.

An RCMP collision reconstructionist was called in to do a further investigation. LAURA WARREN

Harper warns of return to Liberal economic woes

PAUL CHIASSON/THE CANADIAN PRESS



► Thirteen-month-old Mat Hurian reacts as his father Eric tries to take away a signed copy of the NDP election platform handed to him by NDP Leader Jack Layton yesterday in Toronto.

► PM says Liberal minority of 1970s had long-term damage on economy



Pierre Trudeau has made a sudden reappearance in a Canadian federal election — a decade after his death. Prime Minister Stephen Harper is warning that if his rivals get elected, the country will return to the days of economic darkness when it was led by his late Liberal predecessor.

The early 1970s — a time when a minority Liberal government relied on support from the NDP — inflicted long-term damage on the Canadian economy, Harper said yesterday. It led to two decades of runaway spending, higher taxes,

double-digit unemployment and interest rates, he added.

"All they did was spend money," the prime minister said from a farm in Aceton Vale, Que.

"We were a generation fixing those problems. When I look at the Liberal platform today ... I'm saying that's the alternative. That is the route the country will go down unless it stays on the path we're on, with a strong, stable majority Conservative government."

His opponents warn that cuts announced in the Tory platform could mean serious damage to social programs, like health care.

THE CANADIAN PRESS

ELECTION

Political aides reap re-election rewards

If Stephen Harper's Conservatives are re-elected on May 2, political aides in ministerial offices could find a nice bonus when they return to work.

The Harper government has quietly

approved increases in the maximum salaries political staffers are entitled to receive.

In addition, suddenly out-of-work staffers could find the blow considerably cushioned if the Tories were to lose the election. That's because the government has also approved a 50 per cent increase in the maximum separation pay political aides can receive — up to six months from four. That's on top of severance pay.

THE CANADIAN PRESS

Teacher rejects settlement

A transgendered teacher fired by a Catholic school district is rejecting a settlement offer because it would require him to drop a human rights complaint.

Jan Buterman says he will proceed with his complaint against Greater St. Albert Catholic Schools, which wrote him a letter in 2008 praising his abilities

but dismissing him for not being aligned with the values of the Catholic church.

Buterman, who was a substitute teacher in St. Albert, just north of Edmonton, says the publicly funded school district can't buy his silence with an offer of \$78,000 cash or a one-year teaching job.

THE CANADIAN PRESS



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Gadhafi OK's new ceasefire plan

► Brokered by the African Union, the agreement would also allow for humanitarian aid ► No plan to withdraw Gadhafi's troops from cities

A delegation of African leaders said yesterday that their Libyan counterpart, Moammar Gadhafi, accepted their "road map" for a ceasefire with rebels, whom they will meet today.

They met hours after NATO airstrikes battered Gadhafi's tanks, helping Libyan rebels push back government troops who had been advancing quickly toward

the opposition's eastern stronghold.

The African Union's road map calls for an immediate ceasefire, co-operation in opening channels for humanitarian aid and starting a dialogue between the rebels and the government. AU officials, however, made no mention of any requirement for Gadhafi to pull his troops out of cities as rebels

have demanded.

"We have completed our mission with the brother leader, and the brother leader's delegation has accepted the road map as presented by us," said South African President Jacob Zuma.

He travelled to Tripoli with the heads of Mali and Mauritania to meet with Gadhafi, whose more than

40-year rule has been threatened by the uprising that began nearly two months ago.

Gadhafi has ignored the ceasefire he announced after international airstrikes were authorized last month, and he rejects demands from the rebels, the U.S. and its allies that he relinquish power immediately. **THE ASSOCIATED PRESS**



► Libyan leader Moammar Gadhafi waves at his supporters in Tripoli, Libya, yesterday. Envoys from the African Union, who say Gadhafi has agreed to a ceasefire, are holding talks with Gadhafi and the rebels today.

Small Business Tax Rate *Going Down*

Small businesses are key to the Nova Scotia economy. That's why this budget reduces the small business tax rate for a second straight year. With a total reduction of 20%, businesses can expect to see a savings of up to \$4,000 next year.

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Beckhams, Elton John on royal nuptial guest list

► British press leaks Prince William and Kate Middleton wedding guest list ► Royal Palace dismisses claims

Soccer star David Beckham will be there with his pop star wife, Victoria. Elton John is attending with partner David Furnish. And the Venerable Bogoda Seelawimala will be there too, probably one of the few guests at the wedding of the year wearing orange and burgundy Buddhist robes.

The guest list for the April 29 union of Prince William and Kate Middle-



► Arklu's Princess Catherine Doll

ton is still being kept secret, but details have begun to

leak out, with some coming forward to say they are attending, and a British newspaper claiming to have the official invitation roster.

The palace dismissed the newspaper's list as speculation yesterday.

It won't be clear until the day how the royal couple has balanced the protocol demands with invitations to the people they really want to see.

THE ASSOCIATED PRESS

Skimpy. Sale



► A young man does his best to ignore some adventurous shoppers as they use a glass elevator dressed in only their underwear at Lakeside Shopping Centre in Thurrock, eastern England, yesterday.

SEAN DEMPSEY/THE ASSOCIATED PRESS

Ladies wear just knickers to shop

Lakeside Shopping Centre in Thurrock, eastern England, gave the first 100 people to arrive in their underwear a 100-pound (\$164) gift card to spend in the shopping centre on the new spring fashions.

Sick pit bull gets global support

An emaciated pit bull found at the bottom of a trash chute in New Jersey last month has defied the odds and is getting stronger by the day.

Hospital staffers, who named the dog Patrick for

his reddish fur and because he was found the day before St. Patrick's Day, have been chronicling his progress on their website and a Facebook page that has garnered fans from around the world. He's received hundreds of emails, donations, gifts and letters from those inspired by his tale of survival.

THE ASSOCIATED PRESS

Odd couple in cemetery

An unusual friendship between a deer and a nesting goose appears to have blossomed inside a cemetery in Buffalo, N.Y.

For the past week or so, the deer has stood between an urn where the goose has taken up residence, and any passing car or foot traffic.

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Colombia.....from 3.9 ¢/min	Mexico.....from 1.9 ¢/min	U.A.E.....14.9 ¢/min			
Cuba.....89.9 ¢/min	Pakistan.....5.9 ¢/min	U.K.....2.9 ¢/min			
El Salvador.....9.9 ¢/min	Philippines.....11.9 ¢/min	Vietnam.....4.9 ¢/min			
Germany.....1.9 ¢/min	Poland.....1.9 ¢/min	Serbia.....7.9 ¢/min			
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Companies lose as loonie flies

As the loonie creeps steadily above parity with the U.S. greenback, many Canadian companies are feeling the pinch.

For example, more Canadians are spending their money south of the border where prices are lower, the Retail Council of Canada reports. Prices are higher in

Canada because Canadian retailers pay high import taxes. But cross-border shopping means money is leaving local economies, the council says.

One of the most far-reaching effects of the high dollar is the impact on Canadian exporters. Research by Canadian Manu-

facturers & Exporters, a trade organization, shows that for every one-cent rise in the loonie relative to the greenback, it costs Canadian companies \$1.5 billion more to do business each year, making it harder for them to compete.

However, one sector that is making more money

thanks to the high loonie is the travel industry, where Canadians now get a favourable exchange rate.

Travel deals are abundant, says the Association of Canadian Travel Agencies, and Canadians are booking vacations in advance in the hope of locking in hot deals. **THE CANADIAN PRESS**

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► Akio Toyoda, president of Toyota Motor Corp., takes questions from reporters in Nagoya, central Japan, on Friday after announcing temporary shutdowns at the automaker's North American plants.

KYODO NEWS/THE ASSOCIATED PRESS

Toyota's tough breaks

Toyota Motor Corp. will suspend production at its 13 North American plants in a series of one-day shutdowns this month as a result of parts shortages caused by the March 11 earthquake in Japan. The shutdowns will affect 25,000 workers, but there will be no layoffs, Toyota said.

Job rate stumbles

► Economists say pace of growth slowing after several strong months





Canada's economy shed 1,500 jobs last month, the first fall-back since September. But the latest Statistics Canada report was not all bad: Full-time jobs shot up by 90,600, hours worked rose a significant 0.5 per cent and wages increased. As well, the official unemployment rate edged down one-tenth of a point to 7.7 per cent, though that was only because more Canadians stopped looking for work.

On the other side, 92,100

part-time jobs vanished last month and, if self-employment is discounted, the number of employees in Canada fell by 18,900. Most analysts saw it as a negative signal, given that the economy had been pumping out 38,000 new jobs a month since December.

THE CANADIAN PRESS

Market moment

TSX	Dollar
	
+ 100.66 (14,208.43)	+ 0.12¢ (104.45¢ US)
Oil	Natural gas
	
+ \$2.49 US (\$112.79 US)	1,000 cu ft \$4.041 US (- 1.6¢ US) Gold contracts \$1,474.10 US (+ \$14.80 US)

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HISTORY
REPEATS ITSELF

Is Nova Scotia Finance Minister Graham Steele former federal finance minister Paul Martin in NDP drag?

Consider. The night before Steele delivered his bad-news budget last week, his boss, Premier Darrell Dexter — as bosses are wont to do; can you say Jean Chrétien? — stole his good-news thunder. The \$222-million deficit Steele had forecast for 2010-11 had magically morphed into a \$447-million surplus. The next day, Steele delivered the sobering, morning-after budget projections. In 2011-12, the province will again run up a whopping \$389-million deficit.

Uh ...
Opposition critics were quick to see it as Martinesque smoke and mirrors: Predict the worst, announce the best and claim political credit for the difference.

As a tactic, of course, it worked very well for the Chrétien-Martin Liberals. Intriguingly, Steele also seems to be aping another favourite Martin ploy — solve your fiscal woes by offloading costs to others. See: Municipalities, school boards, et al. But I digress.

The NDP prefers to draw its philosophical parallels — as Dexter did during the last provincial election — with the party's prudent Prairie icon, Tommy Douglas, who gave Saskatchewan balanced budgets and medicare.

The problem for this NDP government, however, is that it offers no big Tommy Douglas dream at the end of its balanced books rainbow. Are there no more big ideas? Or are our NDPers, in the end, just cost-cutting conservatives in costume?

Last week's budget-and-mirrors sideshow was equally instructive for the ways in which the opposition responded.

It never ceases to amaze me how un-conservative our supposed fiscal conservatives are. They rail on about deficits and debt walls and the urgency of getting our financial house in order, but the moment they so much as sniff a surplus, the first thing they want to do is cut taxes.

Claw back last summer's HST increase. Slash the small business tax rate more — and then more again. Debt? What debt?

The NDP, to its credit, slapped its surplus — contrived or not — on the debt, thus lowering the annual cost of servicing that debt and, ultimately, putting more control of our economic future in our own hands.

Which makes them modestly more prudent fiscal managers than their rivals. But are they more than that?

Worth
mentioning

MOSCOW. The Kremlin has rejected a proposal by a senior official of Russia's main domestic security agency who said authorities should ban Skype, Gmail and Hotmail because they are a major threat to national security.

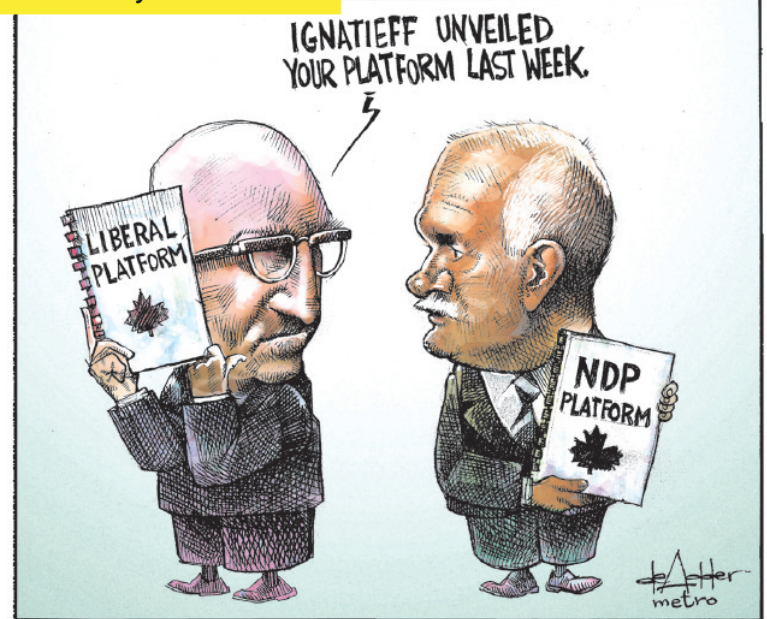
The proposal made Friday by a senior official of the Federal Security Service, or FSB, followed cyber attacks on Russia's most popular blogging site and the website of a popular independent newspaper last week.

Commentators saw them as an attempt by authorities to tighten controls on communications before parliamentary elections in December and a presidential vote in March. The Internet has become the main source of independent news and commentary in Russia, where all nationwide television stations and most print media are under state control.

Communications Minister Igor Shchegolev said in a statement Friday that his ministry has no plans to ban any Internet services.

THE ASSOCIATED PRESS

Cartoon by Michael De Adder



WEIRD NEWS

Keep the
chatter to
sutures, organs

As the NHL playoffs approach, B.C. surgeons are being reminded to tone down on the hockey chit-chat when working on patients on the operating table.

The College of Physicians and Surgeons of B.C. issued the advisory in a quarterly report in December following a complaint from a patient, CBC News reports.

The man was undergoing an elec-

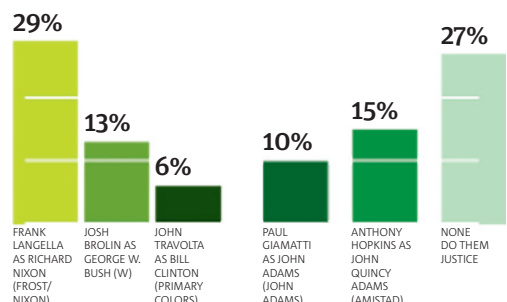
tive eye surgery with a local anesthetic.

"He alleged that during the entire surgery, the physicians and nursing staff discussed ice hockey, which made him very uncomfortable," the advisory reads. "He expressed concern that this 'idle chatter' could have disrupted his surgeon's concentration and resulted in an operative mistake."

There were no errors during the surgery, but the college said the incident serves as a good reminder for surgeons to be discrete while in the operating room or in any open area when chatting about non-medical subjects or about topics not relevant to the task at hand.

METRO


Register at
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and take the quick poll

The Kennedys premiered last night.
Who is your pick for the best portrayal
of a U.S. president?


Local tweets



- ▶ @rinkrant: Pascal Vincent is married & owns a home in MTL. His contract with Junior is up this year. Is he off to pros? Would he consider Halifax?
- ▶ @QMJHL_FanHouse: As of now, two teams from the Maritime Division are without coaches. PEI and Halifax. Hearing names being tossed around. Will be interesting
- ▶ @JJMawhinney: Even the birds are tweeting this morning in #Halifax beautiful day
- ▶ @evilpez4: Last night in #Halifax the Pixies drew a line in the sand. Can anyone else top that concert in 2011 in Metro? Bring it Boyz II Men.
- ▶ @Isobel737: Beautiful day #halifax. As my niece naomi would say, it's the bestest day ever.
- ▶ @lisaonblonde: There are far too many vote conservative signs up in Halifax. Thinking of stealing them & putting them in the graveyard where they belong.
- ▶ @morganleblanc: Beautiful day in #halifax ... almost too nice to study!



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2
scene

Scene in brief



The good news for Russell Brand is that his animated comedy Hop remains the top movie for the second-straight weekend with US\$21.7 million.

The bad news is that his new live-action comedy Arthur could not jump as high as Hop.

The Warner Bros. remake of Dudley Moore's 1981 romance about a rich, drunken man-child finally learning to grow up, Arthur was a distant second with a modest debut of \$12.6 million, according to studio estimates yesterday.

Opening close behind at No. 3 with \$12.3 million was Focus Features' Hanna.

THE ASSOCIATED PRESS



Tyler Perry gives rural Georgia family new home to replace house destroyed by fire



► The team behind Top Chef Canada stuck to a simple recipe in cooking up the inaugural Cancon version of the popular Emmy-winning TV franchise.

The knives come out on Top Chef Canada

► Successful American cooking show comes north of the border for the first time ► East Coaster competing for the crown of Top Chef Canada

The team behind Top Chef Canada stuck to a simple recipe when cooking up the inaugural Cancon version of the popular Emmy-winning TV franchise.

They focused on using the best chefs from across the country, and added a dash of Canadiana in the cooking challenges.

Top Chef Canada, which premieres tonight on Food Network Canada, isn't a reinvention of the cooking

reality show and will feel familiar to fans who have followed the nine seasons of Top Chef, plus its slew of spinoffs. After all, a good chef knows to keep it simple and not overcomplicate a dish just to show off, said head judge Mark McEwan, known for the TV series The Heat with Mark McEwan and his high-end Toronto restaurants Bymark, Fabbria, North 44 and ONE.

"There's a great Canadian sensibility to (the show)," said McEwan, hinting that chefs were tasked with preparing regional specialties such as moose and salted cod during some challenges.

"It's the fact that it's our chefs, I think that's what makes it special, it relates to all the major cities around the country and everyone will be into that. There was a major compe-

tition going on here between East Coast and West Coast — huge, huge, huge — there always has been in Canada.

"That (rivalry) to me was the best part."

The competition got heated and intense, McEwan said, with an impressive cast of chefs who have worked for the likes of Gordon Ramsay, Susur Lee and Oprah Winfrey.

THE CANADIAN PRESS

From the East

There are 16 chefs compete to be the winner of Top Chef Canada. There is only one representative from the Atlantic provinces.

► Todd Perrin. Owns and operates The Chef's Inn, a B&B in downtown St. John's Newfoundland. His goal is to bring simple food to the next level.

Singer Underwood excited for her first acting role

Carrie Underwood says she's happy with her first acting performance on the big screen.

The country music star plays a small but pivotal role in the film Soul Surfer, the inspirational tale of shark attack survivor Bethany Hamilton.

"I'm happy with myself for the role and for the movie," Underwood said Monday night in Las Vegas where she had just wrapped up taping ACM Presents Girls' Night Out: Superstar Women of Country. "Am I going to win an Oscar? No. It was so much

fun and the important thing is getting the story out there."

Underwood plays youth pastor Sarah Hill, a key figure in Hamilton's life and recovery after the attack. Hamilton, then 13, lost her left arm when a 4.3-metre tiger shark ripped it off

while she was surfing with friends in Hawaii.

Soul Surfer is the tale of her recovery and triumphant return to the sport she loves.

Underwood says she was transfixed by the story and the message, which made it rise above other scripts

and projects she's been pitched — and so far turned down.

The former American Idol champion was non-committal when asked if the movie is the beginning of an acting career, though.

THE ASSOCIATED PRESS

Longoria's identity crisis

Actress says split from Tony Parker was 'heartbreaking'

Eva Longoria opened up for the first time about her divorce from Tony Parker, telling Piers Morgan about her initial reaction to the breakup.

"It was heartbreaking," Longoria says. "It was disappointing because I had such an identity in being Mrs. Parker and being a wife. And so, when that's taken away from you, you go, 'Who am I?' It was hard."

Still, Longoria refuses to trash-talk her ex-husband: "I would never speak ill about him or the time we had together," she says. "I really, really valued it. Seven years together is a long time." ● METRO



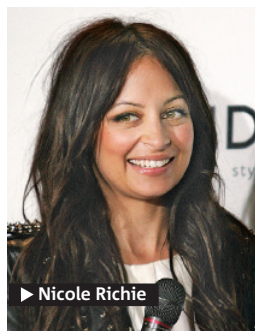
► Eva Longoria

Nicole Richie fights back

Nicole Richie wants to make one thing clear: She is not expecting another child.

"Contrary to recent speculation, I am not pregnant," Richie says, according to People magazine. "This irresponsible reporting continues to feed an atmosphere of self-doubt and insecurity. To publicly point out a change in anyone's body is mean-spirited and cruel."

"People's bodies change and change again. This is not newsworthy and is a waste of valuable media



► Nicole Richie

space that should be used for more important issues."

● METRO

Celebrity tweets

"Tweeting from the stage of The Palace Theater..! I love you Columbus!! Just keeps getting better!!"

@charliesheen

"Sorry @soho-house i'm in bed reading scripts... maybe another time when its pleasant"

@lindsaylohan

"Shot a bit for @sesame-street yesterday. It's a dream come true to be on that show although I'm always a little hesitant about nude scenes."

@joelmchale

"Oh shivering girls in skimpy clothes, surely u can get someone to love you w/out being cold, no?"

@SarahKSilverman

Aniston seeks balance

With all the scrutiny of her personal life, it's no wonder Jennifer Aniston is big on the singles game. "No, I'm not a big fan of dating," Aniston admits to Red magazine.

But as for choosing between love and career, the former Friends star says it's a "no-brainer" that love would win — not that she thinks she should have to. "You have to have a balance in life," Aniston says.

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No Hangover for Neeson

After all the hubbub last year about Liam Neeson taking over for Mel Gibson for a humorous cameo in The Hangover 2, it now looks like Neeson himself won't be in the film.

Thanks to scheduling conflicts, Neeson was unavailable to do reshoots for the film and so director Todd Phillips was forced to recast the role once again, bringing in director Nick Cassavetes, he tells Variety.

"(Cassavetes) came in and crushed it, and that is the scene that you will ultimately see in the film," Phillips says. "It turned out great." ● METRO



► Liam Neeson

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SCAN LIFE

3
life

Military study

Kids of soldiers scored lower on standardized tests if their parents were deployed 19 months or more, according to a report from the RAND Corporation. The younger the kid, the lower the score. **METRO**



Read the signs of a healthy puppy or kitten.



▶ What do you think they were discussing? The end of Inception maybe?



The talking twins

▶ Recently, the world watched the viral video of twin baby boys having a conversation filled with 'da-das' instead of words ▶ What was happening? ▶ We asked Stephen Camarata, PhD and professor of hearing and speech sciences at Vanderbilt School of Medicine in Nashville



SAM D'AMATO
LIFE@METRONEWS.CA

METRO WORLD NEWS

In the YouTube video, it looks like the babies are having an actual conversation. But what are we witnessing?

Essentially, you are watching two toddlers using many conversational features, including intonation, turn taking, facial expression and gesture along with babbling. The babbling includes syllables and speech sounds that appear in regular words.

But they're not actual words?

At this age, few children have full knowledge of word meaning and grammatical markers, so this is not quite the same as an adult conversation.

A parallel might be for me and another person, neither of whom speaks Japanese, to have a pretend conversation in that language. We could mimic key features including bowing, Japanese intonation and could generally make the words sound like we were speaking Japanese. But there would be no specific meaning. That's the case with these twins.

Do the "da-das" stand for something?

Yes, as in the Japanese example, the da-das are fillers in the phrases they are saying. They are not random sounds, but word-like in their structure.

Does the fact that they're twins make a difference?

Yes, a twin — a "clone" in

terms of DNA — is a great conversational match. They have the same genes, a lot of shared experiences, similar physical and mental maturity as well as a propensity for being interested in similar things. They are a good match for each other as a peer.

The video speaks for itself in terms of the pure enjoyment they are having while speaking to each other.

The hand gestures — did they learn those by watching adults?

This is hard to know with certainty. I would hypothesize that these were indeed learned from watching adults. You can see in the video that they imitate each other, which leads one to believe they

also imitate adults.

What should parents look for when their child starts to talk, so they know the kid is "on track?"

The video shows several key things to look for. The babble is speech-like, as if they are practicing words. They smile at each other and respond to vocalizations.

They point and look at what is being pointed to and they use gestures. They are socially engaged and show a general interest in each other and in mom — who evidently is filming.

You can look at this video and say this is not at all like what we often see in toddlers with autism. Even with no specific words, it is clear that the

twins are quite social in ways that children with autism are not.

Your next study should be about curing our addiction to YouTube baby videos. Are you available to help a world in need? I can't stop.

Actually, I would not be opposed to watching this kind of video often. All who watch are captivated by the happy, carefree toddlers having a grand ol' time.

Worries about getting into the right preschool so I can get into the right primary and secondary so I can go to Cambridge or Oxford — that does not appear to be on the forefront of their minds!

Who could watch this without it bringing a smile to their face?

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French countryside cuisine with a new twist

► This recipe uses the classic flavours of Ratatouille Gratin & adds cheese

Ratatouille is a classic French country dish of vegetables cooked in their own juices until tender. Taking the same classic flavours, we layered the vegetables with cheese in a gratin-like dish.

If you can't find Comte cheese, Gruyere is a good substitute.

Ratatouille Gratin

Preparation:

- 1 Heat oven to 180 C (350 F).
- 2 In skillet over medium, heat olive oil. Add onions, garlic and bell pepper. Sauté for 10 or until tender.
- 3 Add basil, thyme, tomatoes, vinegar, salt and pepper. Bring to simmer

and cook for 5 more minutes, stirring occasionally.

- 4 Spread a third of the tomato mix over bottom of a deep pie pan. Using a third of each vegetable, arrange one layer each of squash, zucchini and eggplant rounds over tomato mixture, alternating vegetables and overlapping slightly. Sprinkle 125 ml (1/2 cup) of the cheese over that. Repeat layering two more times, ending with cheese.
- 5 Bake for 45 minutes or until vegetables are tender when pierced. Increase heat to broil and cook for another 2 minutes to brown the top. **THE ASSOCIATED PRESS**



► This Gratin dish takes one hour and 15 minutes to make (30 minutes active), and makes eight servings.

Ingredients:

- 30 ml (2 tbsp) olive oil
- 2 yellow onions, sliced
- 3 cloves garlic, chopped
- 1 red bell pepper sliced
- 125 ml (1/2 cup) fresh basil, chopped
- 15 ml (1 tbsp) fresh thyme
- 1 can (398 ml/14 oz) chopped tomatoes, drained
- 15 ml (1 tbsp) red wine vinegar
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 2 small summer squash, small zucchini, Japanese eggplants, sliced into thin rounds
- 375 ml (1 1/2 cups) comte cheese

Apple & Cinnamon Crumble



Preparation:

- 1 Place apples in a greased 9 inch (23 cm) baking dish. Sprinkle with sugar and cinnamon; toss to combine. Scatter 2 tbsp (30 mL) butter over apples.
- 2 In bowl, combine brown sugar, flour, rolled oats. Add remaining butter and work to combine mix. Spoon over apples and bake in 375 F (190 C) oven for 25 minutes.

- 3 Vanilla Sauce: In saucepan set over high heat, bring cream to boil. Remove from heat.

- 4 In bowl, whisk egg yolks with sugar and vanilla until eggs are foamy. While whisking, add cream. Return mix to pan and cook over medium heat until starts to thicken. Remove from heat; cool. Serve each portion drizzled with Vanilla Sauce. **CHEF JOHN CIRILLO (CIRILLOACADEMY.COM)/ THE CANADIAN PRESS**

EMILY RICHARDS
FOOD@METRONews.ca

Ingredients:

- 4 McIntosh apples, peeled, cored and sliced
- 1/3 cup (75 mL) sugar
- 1 tbsp (15 mL) ground cinnamon
- 1/3 cup (75 mL) butter
- 1/2 cup (125 mL) packed brown sugar
- 1/2 cup (125 mL) all purpose flour
- 1/2 cup (125 mL) rolled oats

Vanilla Sauce

- 1 cup (250 mL) 35% whipping cream
- 1/3 cup (75 mL) granulated sugar
- 1 tbsp (15 mL) vanilla extract
- 3 egg yolks

Weight of waste

ANTHONY JOHNSTON
LIFE@METRONews.ca
METRO WORLD NEWS

Every year, millions of tonnes of supermarket packaging goes straight to the landfill, putting a burden on our environment and adding to our carbon footprint.

But reading these massive numbers in wasteful packaging can be hard to digest. Oliver Bourne, a 23-year-old London-based graphic designer, created a novel way to physically show, and feel, the amount of plastic wrappers and paper coverings wasted from a single trip to the supermarket.

It's a receipt as heavy as all that packaging waste put together.

When and how did you create this shopping receipt made from lead?

I made it when I was studying graphic design.

I crafted the item from

a piece of scrap lead and cut it so it would weigh approximately three kilograms. To obtain the exact weight I had to trim material. The text was screen printed on to the metal receipt.

What was your main inspiration behind it?

What first inspired me was one day I realized my green bin for recycling waste filled up very quickly and it was mostly from packaging from food products.

Also, as a former employee at a supermarket, I knew how packaging was simply thrown away.

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Weighty waste

Numbers on how packaging goes to the dump.

2.9m tonnes of food packaging was thrown away in the U.K. between 2006 and 2009.

34.2m tonnes of food packaging went straight to the landfill in the European Union in 2007.

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► Sami Kholreibi has had a mind for business from a young age.

Turning Point TERESA KRUZE LIFE@METRONews.CA



At the age of six, Sami Kholreibi was selling lemonade by the glass and peddling gently used books to his neighbours. When he was eight, he helped design an automated feather duster.

Kholreibi was always an aspiring entrepreneur but it was when he got to London, Ont. that he really began to soar.

Within six months of graduating from the University of Western Ontario, Kholreibi and three partners started Camdex

HE'S GOT THE POWER—THE SOLAR POWER

Energy, an oil and gas company based in Toronto.

"I spent a lot of time travelling, especially in the Middle East," he says. He learned about the Masdar Initiative and its goal to make Abu Dhabi an epicenter in renewable energies.

"I had an entrepreneurial eureka moment."

Enviromena Power Sys-

tems was formed in 2007 and is now on its way to becoming the largest solar energy company in the Middle East and North Africa. Sami is once again soaring but admits any business venture can be a roller-coaster ride of ups and downs.

"You can't let them impact you or the positive attitude required to be a successful entrepreneur."

Entrepreneurial advice from Sami

- Dive into the deep end.
- Take advice from those you trust.
- Be willing to share the pie with people who can add value.
- Be prepared for ups and downs.

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For April 8th

- 9 Britney Spears - Till The World Ends
- 8 Tinie Tempah - Written In The Stars
- 7 Bruno Mars - Lazy Song
- 6 Classified - That Ain't Classy
- 5 Alyssa Reid - Alone Again
- 4 Jennifer Lopez ft Pitbull - On The Floor
- 3 Katy Perry ft Kanye West - E.T.
- 2 Jessie J ft B.o.B - Price Tag
- 1 Ke\$ha - Blow

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The rewards of volunteering

► Volunteering benefits not only those on the receiving end, but those donating their time and energy ► It's more than padding your resume



JANE DOUCET
LIFE@METRONEWS.CA

Halifax's Ryan Blagdon and Karen Sarson can attest to the fact that volunteering has a positive impact on everyone involved. For the past year, Blagdon, 27, has been volunteering at the Veterans' Memorial Building in Halifax for an hour or two every week, where he helps feed residents. He has visited patients with a variety of health condi-

tions, from Alzheimer's disease to stroke, who have difficulty raising a spoon or cup to their lips.

Blagdon's day job is doing research in psychiatry. So why did he choose to pursue volunteer work in this particular area of health care? Because he heard there was a need, and the service he provides to others makes him feel good.

"The staff and residents frequently express how much my help is valued,

which gives me a great sense of purpose and pride," says Blagdon. "The first person I helped was recovering from a stroke, and although she could barely open her mouth, she still tried to thank me."

Licensed practical nurse Karen Sarson certainly appreciates the help of Blagdon and the other meal-assistance volunteers. "If they didn't come in, it would add to the staff's workload," she says. "It's very valuable to have

volunteers doing this type of work."

Some of the volunteers are in university, often the same age as the residents' grandchildren, and the residents will ask questions about their courses. "It opens up a whole different subject matter to what the residents talk about among themselves," says Sarson.

In addition to helping get meals to the residents on time, Blagdon believes they enjoy the social aspects of his visits too. For

By the numbers

Ryan Blagdon is one of 12.5 million Canadians who volunteer for charitable organizations. Here are a few other statistics about volunteering:

► 2.1 billion: The number of hours Canadian volunteers donate annually, which is equivalent to about 1.1 million full-time jobs.

- 161,000: The approximate number of charitable and not-for-profit organizations in Canada.
- 200: The number of Volunteer Centres in Canada.
- 7 per cent: This single group contributes nearly 80 per cent of the total volunteer hours tallied.
- 73 per cent: The percentage of businesses that support or accommodate volunteering.

his part, he likes listening to their stories about the war and their world travels. "It gives me an apprecia-

tion of what they've done for our country and what they were like when they were younger," he says.

Extraordinary woman gets her life back, then gives back

HALIFAX, NS – April 11, 2011

Imagine being a prisoner in your home: too afraid to venture outside and not having the support or encouragement to make any sort of change.

For Pat Gates, such a scenario dominated her life for 10 years as she lived in isolation while coping with glaucoma and diabetic retinopathy – two eye conditions that have left her with very little vision since 2000.

"For nearly a decade, I struggled with depression, limited self esteem and independence," Gates says upon recalling the years she spent confined to her home due to vision loss. "I basically lived in a vacuum – disconnected from family, friends and the outside world."

In what Gates describes as a "life-altering decision," she turned to CNIB, an organization dedicated to ensuring blind and partially sighted Nova Scotians gain the confidence, skills and opportunities to fully participate in life.

Through the programs and services of-

fered at CNIB, Gates received orientation and mobility lessons which teach safe and independent travel for individuals with vision loss. She also participated in the peer-support Adjustment to Vision Loss program which helps blind and partially sighted people deal with the emotional side of losing their sight.

"The incredible support and encouragement I received from CNIB staff, volunteers and others struggling with vision loss helped me realize I wasn't alone in this," says Gates. "I couldn't believe I was talking with people who understood how I was feeling – something that motivated me to take control of my life again."

Now, as a volunteer ambassador for the organization, Gates makes a difference in other people's adjustment to their own vision loss.

"Pat Gates is truly an extraordinary volunteer – her incredible passion, dedication and commitment has had an immeasurable impact on the lives of blind and par-

tially sighted Nova Scotians," says Mark McIntosh, CNIB's coordinator of volunteer services.

Every Wednesday, Gates meets with individuals who have recently lost their sight to help maximize their remaining vision.

"Blindness or partial sightedness doesn't have to mean a loss of independence or quality of life," says Gates. "Sometimes, just knowing that there's someone who gets what you're going through is enough to overcome this obstacle."

Gates also participates in a pilot project formed by a partnership between CNIB and the QEII Eye Care Centre. Twice a week, Gates is among a group of CNIB volunteers who reach out to patients and their families in glaucoma and retina screening waiting rooms at the QEII Health Sciences Centre.

The project introduces Maritimers to CNIB's vision rehabilitation services and emphasizes the importance of early referral.

Sharing her powerful story in patient

waiting rooms, Gates helps individuals and their families connect with CNIB so they too can enjoy a good quality of life, despite their vision loss.

"The most rewarding experience is when an individual tells me my story has encouraged them to ride the bus again, cook in their kitchen or help them see beyond vision loss," says Gates. "I lost 10 years of my life due to my eye conditions – I volunteer so I can help others avoid the same experience."



CNIB provides community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life. To learn how you can become a volunteer, email volunteer.maritimes@cnib.ca or call 1-800-563-2642.



After 10 years of living in isolation, Pat Gates has her life back and is volunteering at CNIB to help others adjust to vision loss.

Heartfelt Thanks

CNIB volunteers are the heart and soul of our organization. They do everything from raising awareness, event planning, fundraising and working with people in their own homes and communities.

Volunteer Week shines spotlight on caring citizens

► Volunteer Canada thanks the nation's 12.5 million volunteers ► And puts out a call to recruit new ones



JANE DOUCET
LIFE@METRONews.ca

When Ruth MacKenzie was in elementary school in Toronto during the late 1960s, she remembers taking part in a classroom fundraising event to help end the seal hunt. In her 20s, she would go on to volunteer at the Humane Society, the Elizabeth Fry Society and a kids' help-phone line.

Today MacKenzie is the president and CEO of Volunteer Canada, the nation-

al organization for volunteerism in Ottawa. She believes volunteering is not just something people do, but also who they are as compassionate and caring citizens who are driven to devote themselves to meaningful causes in their communities.

MacKenzie is happy to shine the spotlight on the importance of volunteering during the 68th National Volunteer Week taking place from April 10 to 16. This year's theme is Volunteers: Passion. Ac-

tion. Impact. — three natural steps in the evolution of the volunteer experience.

"Our main goal during National Volunteer Week is to thank the 12.5 million volunteers in Canada who dedicate their time and energy every year to various causes," says MacKenzie.

"Many of these volunteers are retired, and they'll one day be 'retiring' from their volunteer 'careers,' so we'd also like to encourage younger peo-



► Volunteering to help garden in your community is a great way to get involved.

ple to start contributing to their communities."

MacKenzie wants to spread the word that everybody can be a volunteer, whether canvassing for the Cancer Society, cutting an elderly neighbour's grass or helping organize a music festival or a sports tournament.

National Volunteer Week is the ideal time to recognize our country's volunteers who give more than two billion hours of their time, energy and skills in schools, hospitals, animal shelters, sports teams, disaster relief —

Volunteer Canada

- **Founded in 1977,** Volunteer Canada works in partnership with Volunteer Centres, businesses and non-profit organizations to support volunteerism and Canada's volunteers.
- **Volunteer Canada** encourages Canadians to become engaged in their commu-

nities from coast to coast. The organization also develops programs, research and tools.

- **Volunteer Canada** helps recognize the impact of Canada's volunteers through a variety of national campaigns.
- **For more info,** visit volunteer.ca or call 1-800-670-0401.

the list of recipients who benefit from their services is almost endless.

So why do so many Canadians volunteer? "We're a compassionate

nation," says MacKenzie. "Canadians feel they have the right and responsibility to contribute to improving the quality of their communities."



Canadian Cancer Society
Société canadienne du cancer

NOVA SCOTIA DIVISION

April is the month to fight back.
Join the fight.
fightback.ca

Thank you to our volunteers for all you do in the fight against cancer.

More than 11,000 Nova Scotians fight back by volunteering their time, enthusiasm and passion in communities across the province. We want to thank you for all of your numerous efforts throughout the year.

Canadian Cancer Society volunteers and staff nominate individuals for national and provincial awards. We are proud to announce the 2011 recipients.

NATIONAL

Medal of Courage	Stephanie Robinson, Valley
Special Recognition	Sgt. Barry Gordon, CBRM/Victoria
Special Recognition	MacAskill/MacIsaac Memorial Tournament Committee, CBRM/Victoria
Citation of Merit	Lloyd Graham, Valley
Citation of Merit	Ruth MacRae, Eastern
Citation of Merit	Bruce Towler, Central South
Citation of Merit	Ena Matheson, Valley
Circle of Distinction	Mahone District & Area Unit, South Shore

NOVA SCOTIA DIVISION

NSD Special Recognition	Big Dog/Cat Country Radio Station, North East
NSD Special Recognition	CKBW, South Shore
Jim Connors Award	Daren White, North West
Lifetime Achievement	Lloyd Graham, Valley
Lifetime Achievement	Barbara McKay, Valley
Lifetime Achievement	Mary Florence Beaton, Eastern
Certificate of Merit	Amy McCarron, CBRM/Victoria
Certificate of Merit	Marie "Lovie" Murphy, CBRM/Victoria
Certificate of Merit	Harold Farrow, North West
Certificate of Merit	Dorothy Dingle, Eastern
Youth Group Award	Wolfville Junior High, Valley
Youth Group Award	Grade 5's Running For Lives, Valley
Individual Youth Award	Madison Tennant, North West
Individual Youth Award	Ashley Kehoe, Eastern

Thank you to all of our volunteers for continuing to fight back with your time.

Nancy Barteaux

Nancy Barteaux, Board Chair

Maureen Summers

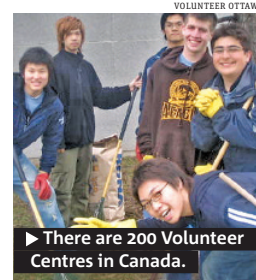
Maureen Summers, CEO

Matching volunteers with community need

Across Canada there are more than 200 Volunteer Centres, which are non-profit organizations dedicated to fostering volunteerism. These centres serve a broad membership that includes individual volunteers and the organizations that benefit from their skills.

Every Volunteer Centre is run in a way that best suits its particular location and needs, and each has its own website.

"Last year we matched over 40,000 volunteers with organizations, which was the equivalent of \$9 million worth of labour," says William Coukell, Volunteer Ottawa's executive director. "The volunteers deliver a range of what we call programs, which includes feeding people at missions and working with children in schools or



► There are 200 Volunteer Centres in Canada.

patients at hospitals."

Jessica Reynolds, Volunteer Toronto's director of communications, cites several reasons for that interest, whether it's because someone wants to gain experience before re-entering the workforce, needs to perform community service after being charged with a minor criminal offence or is a new immigrant looking to engage in the community.

► **JANE DOUCET**

Over the years

- **The first Volunteer Centre** was established in 1937 in Montreal, in response to the need for volunteers during the Second World War. During the 1960s and '70s, Volunteer Centres opened in many urban areas across the country to promote volunteering.
- **Over the past 30 years,** Volunteer Centres have created programs, conducted research and provided training in areas such as youth volunteerism, risk management, community service, corporate volunteerism, mandatory volunteerism and educational campaigns.
- **To find out** if there's a Volunteer Centre in your area, visit volunteer.ca or call 1-800-670-0401.

Thanking volunteers

► No matter how it's done, thanking volunteers is a valuable part of the process ► Showing your appreciation doesn't have to cost a lot of money



JANE DOUCET
LIFE@METRONEWS.CA

Canadians have a rich history of volunteering and community involvement. In fact, 12.5 million men, women and youth dedicate their time, energy and skills across a multitude of sectors, including health care, sports, arts, disaster relief and firefighting, to name just a few.

National Volunteer Week, which runs from April 10 to 16, is the perfect time to extend a sincere thank you to each and every one of them.

"Most volunteers would say they get more out of their volunteer work than they give," says Ruth MacKenzie, Volunteer Canada's president and CEO. "But it's really important for an organization to recognize their volunteers' contribution in a tangible way, even if it's just once a year."

Since this type of work is often a very personal endeavour — many volunteers have close emotional ties to the causes they choose to participate in — MacKenzie says it's a good idea for the staff members who benefit from the volunteers' help to get to know each volunteer as an individual, then tailor a thank-you gift based on each person's interests.

For example, a teenager

might enjoy receiving a movie gift card. MacKenzie cites an example of a retired volunteer who continued working in her sector and who was asked to attend a conference along with staff members, which helped foster her professional development and interest in learning even though her paying career was over.

Or maybe the volunteer's supervisor does something as simple as mail a heartfelt handwritten thank-you card.

"Regardless of what you

do, it's critically important to say thank you every time a volunteer walks through your door," says MacKenzie. "Volunteers

aren't getting paid — and they're not giving of themselves in order to be thanked — but people love to feel appreciated."



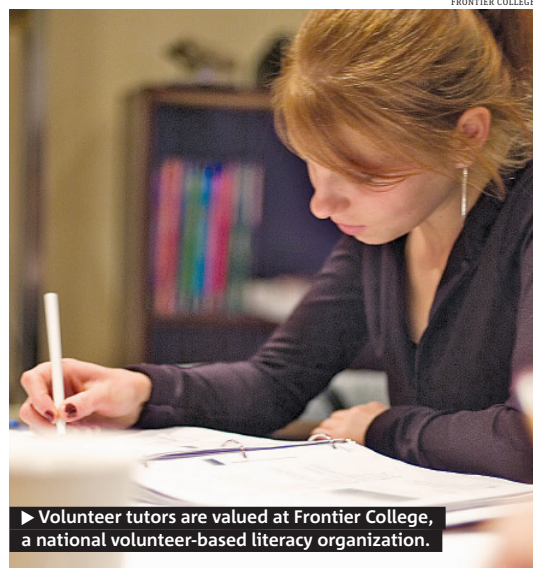
► The energy that young people bring to community clean-up projects make them even more successful.

Giving thanks

► Every year, Volunteer Canada sells special National Volunteer Week thank-you gifts, which are available at the NVW online store at brymark.com/volcaneng1. The gifts include a key chain, picture frame, tote bag, travel tumbler, pen and thank-you cards.

► These items are ideal if an organization is hosting an awards ceremony or a more low-key volunteer-recognition gathering. If an organization doesn't have the budget to buy something, there's a volunteer certificate of appreciation available as a free download at volunteer.ca/nvw/nvw-downloads.

FRONTIER COLLEGE



► Volunteer tutors are valued at Frontier College, a national volunteer-based literacy organization.



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Volunteer Firefighters*

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Fire and Emergency**

On the occasion of

Volunteer Week
April 10-16, 2011



4
sports

More sports



Halifax's Steven Anthony of the Saint John Sea Dogs had two goals and an assist in the opening two games against the Victoriaville Tigres in the QMJHL quarter-finals on the weekend. The Sea Dogs split the first two games of the best-of-seven series, which resumes tomorrow in Victoriaville, Que. Anthony has four goals in six playoff games.



Scan code for more sports



► Rainmen forward Marshall Brown drives to the hoop during PBL action at the Metro Centre this season.

Rainmen's PBL future is foggy

► Halifax loses 102-92 to Lawton-Fort Sill Cavalry on Friday ► Falls 1-2 in best-of-three semifinal ► Expected to mull over league alternatives



MATTHEW WUEST
@METRONEWS.CA

The Halifax Rainmen can say with certainty they'll be back at the Metro Centre next season. But they might not be part of the Premier Basketball League.

Owner Andre Levingston said yesterday his franchise faces "some really, really tough decisions" after being eliminated from the PBL playoffs last Friday by the Lawton-Fort Sill Cavalry.

"I've always said from Day 1, we want to have the best for our fans, our city and our sponsors," Levingston said. "If we're not getting what we feel we deserve and what our city deserves, we're going to look at different options." Levingston said he did-

"One thing I'm sure fans of our team and across the league is, they've seen some really good basketball. The talent level has really risen. It was really good basketball this season, and that's what fans want to see."

RAINMEN OWNER ANDRE LEVINGSTON

n't want to get into further detail without taking "a little bit of time to think about it."

However, Levingston earlier expressed his frustration with the PBL's decision to overturn a February victory over the Quebec Kebs, as well as a March ruling that prevented Josh Dollard from playing in the regular-season finale.

Sources have also told Metro the Rainmen, Cavalry, Quebec Kebs and Saint John Mill Rats are among PBL teams concerned

about perceived bias in officiating.

"There were definitely things that were concerning to me," was all Levingston would say.

The Rainmen have spent three seasons in the PBL after playing their inaugural campaign in the American Basketball Association. They attempted to get into the NBA D-League in 2008 without success.

While there is no obvious league to jump to, Levingston simply said the Rainmen have "different options."

"When you've got a group of guys who want to see things done the right way, you always have options," he said. "Right now, we're going to take a couple of days, let the season end, get together amongst one another, and see what the future holds."

PBL final

The Lawton-Fort Sill Cavalry and Rochester RazorSharks will clash for the PBL title for the second straight year.

► The Cavalry eliminated the Rainmen with a 102-92 win in the deciding Game 3 of the PBL's best-of-three semifinal on Friday.

► The schedule for the championship round has not yet been determined.

'We held it together,' owner says

The Halifax Rainmen are calling the 2011 season a success.

The Rainmen, who changed coaches mid-season and dealt with a plethora of injuries and unexpected departures, went 10-10 in the regular season before bowing out in the Premier Basketball League semifinals on the weekend.

But they showed character in making the playoffs with a big win in the regular-season finale, and also won the first post-season game in franchise history.

"We held it together," said Rainmen owner Andre Levingston. "We believed in ourselves, stayed focused, made the playoffs, and made a good run. I'm really proud of our guys, the way we stuck together through all the adversity, and I think we had a good year."

Levingston said the Rainmen might have knocked off the powerful Lawton-Fort Sill Cavalry had leading scorer Josh Dollard not gone down with a calf injury prior to the deciding third game on Friday.

The Rainmen would like to bring Dollard back in 2012 along with heavy-duty centre DeAndre Thomas and rangy guard Trayvon Lathan. If Eric Crookshank doesn't retire, he'll be back too.

"We have a core of guys who we'd like to hold on to and build around, and in certain key spots we want to get better moving forward," Levingston said. "The work starts now."

► **MATTHEW WUEST**



► Trayvon Lathan

Injuries give young Raptors chance to shine

When Jay Triano was asked before yesterday's game to list the injured players in his lineup, the Toronto Raptors coach grabbed a reporter's red pen and methodically scratched off the names one by one for effect.

Then Jerryd Bayless and his young teammates went out and made the most of an opportunity.

The 22-year-old Bayless scored 19 points to lead the under-manned Raptors to a 99-92 victory over the New Jersey Nets in a matchup of teams gutted by injuries.

"I said to the players, let's embrace this," Triano said. "Let's not look at this like we've got guys hurt, guys are going to get a chance to play, you're going to make mistakes, but you're probably going to stay in games when you do, but let's play the right way and share the basketball."

With just two games left on another season without a playoff appearance, and with numerous key players out with injuries, one of the few positives down the stretch is the growth of his young players, Triano said.

DeMar DeRozan and rookie Ed Davis, who are both 21 years old, and James Johnson (24) added 18 points apiece for the Raptors (22-58), who snapped a three-game losing streak. Julian Wright finished with 10 points while Reggie Evans had a game-high 15 rebounds.

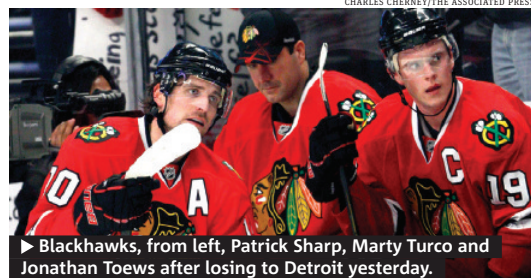
"You never want your teammates to get hurt, but it's just the opportunity, and we're trying to take advantage of it," Davis said.

THE CANADIAN PRESS

"I've known what I'm able to do, it's just opportunity. I'm just happy that I'm getting this opportunity and hopefully it continues."

RAPTORS GUARD JERRYD BAYLESS

Blackhawks squeak into playoffs



► Blackhawks, from left, Patrick Sharp, Marty Turco and Jonathan Toews after losing to Detroit yesterday.

Let the chase for the Stanley Cup begin.

The NHL's final playoff matchups weren't set until the 1,230th — and final — regular-season game last night.

A 5-3 victory by Minnesota over Dallas put an end to the playoff hopes of the Stars, who fell two points short of Chicago in the

Western Conference.

The Blackhawks were on the ropes after losing 4-3 to the Detroit Red Wings earlier yesterday, but the Stars couldn't capitalize. As a result, Chicago will have a chance to defend its Stanley Cup.

The Blackhawks will meet up once again with the Vancouver Canucks in

the first-round. Chicago has dispatched Vancouver from the playoffs the last two years, but will find itself as an underdog this time.

Nothing short of the Stanley Cup will do for the Canucks, who captured the franchise's first Presidents' Trophy.

THE CANADIAN PRESS
THE ASSOCIATED PRESS

Schwartzel surges to glory at Augusta

► Eight players held at least a share of the lead on final day of Masters

Charl Schwartzel won the Masters by two strokes over Adam Scott and Jason Day after a wild final day at Augusta National.

The 26-year-old South African turned in one of the great finishing performances in major championship history yesterday.

Schwartzel closed with four straight birdies, including a 20-footer at the final hole, to wrap up a 6-under 66. He finished 14-under 274, enough to deny Australia its first green jacket.

Scott shot a 67 and Day finished with two straight birdies for a 68, leaving both Aussies at 276.

"It was just such an exciting day," Schwartzel said. "There were so many roars and the atmosphere out there was just incredible."

Tiger Woods made four birdies and an eagle before he headed to the back side with a 5-under 31.

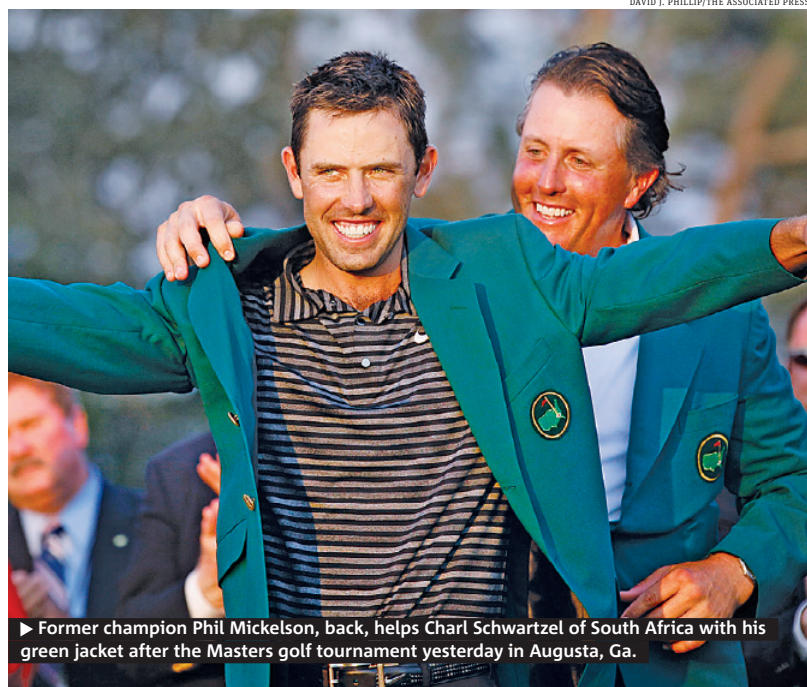
But he missed short putts at both the 12th and 15th holes, limping to the finish with a 36. That left Woods in a group at 278 with Geoff Ogilvy and Luke Donald.

"It could have been," Woods said. "I hit it good all day."

No one suffered like Rory McIlroy, who entered the day with a four-stroke lead. He ricocheted a shot between two cabins along the 10th hole, took a triple-bogey and never recovered.

McIlroy limped to the finish with an 80, winding up 10 strokes behind Schwartzel.

THE ASSOCIATED PRESS



► Former champion Phil Mickelson, back, helps Charl Schwartzel of South Africa with his green jacket after the Masters golf tournament yesterday in Augusta, Ga.

Stoughton clinches world gold in Regina

It took 15 years, but Canada's Jeff Stoughton finally has his second World Men's Curling Championship.

Stoughton, third Jon Mead, second Reid Caruthers and lead Steve Gould defeated Scotland's

10-1 Canada was stellar in the preliminary round with a 10-1 record. Their only loss was to Norway.

Tom Brewster 6-5 in last night's championship game.

Stoughton and Gould won the world crown 15 years ago in Hamilton. Stoughton and Mead were teammates when they lost the 1999 world final in an extra end in Saint John, N.B.

THE CANADIAN PRESS

Sports in brief

Another first for Raonic

ATP. Milos Raonic, from Thornhill, Ont., won his first senior ATP clay match yesterday, downing France's Michael Llodra 6-3, 0-6, 6-0 in first-round action at the Monte Carlo Masters. THE CANADIAN PRESS

Lemaire goes out with a win

NHL. Jacques Lemaire walked away from coaching for probably the final time, announcing his retirement yesterday after the New Jersey Devils beat the playoff-bound Boston Bruins 3-2 on third-period goals by Vladimir Zharkov and Alexander Urbom.

THE ASSOCIATED PRESS

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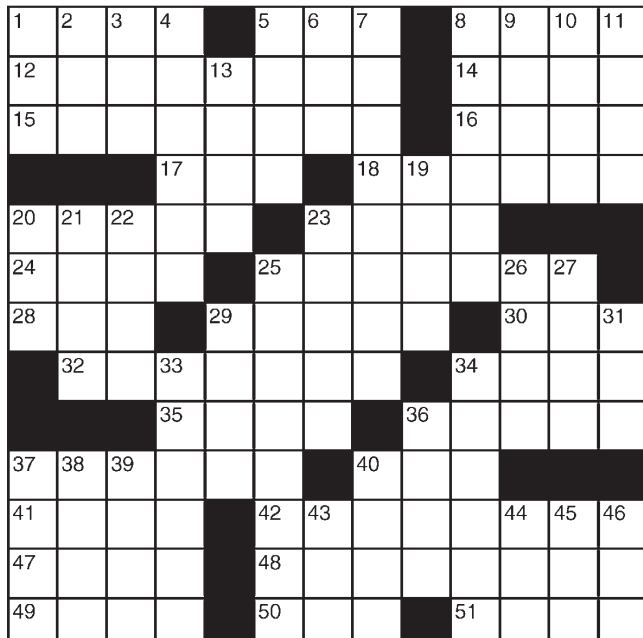
Crossword

Across

- 1 Slightly open
5 On in years
8 Venomous vipers
12 Piranha, for one
14 Road Runner's noise
15 French menu phrase
16 Exposed
17 "— Gratia Artis" (motto of MGM)
18 Very, very tiny
20 — Saxon
23 Superdry, as champagne
24 Swimming venue
25 Bush successor ... and vice versa
28 Mess up
29 Football coaching legend Don
30 — Moines
32 Whodunit
34 Lion's share
35 Piano array
36 Two score
37 Dig up
40 Help
41 Press
42 Freeway sign
47 File's partner
48 Inventor of basketball
49 Potatoes buds
50 Hosp. sections
51 Location

Down

- 1 Pump up the volume
2 Pickle container
3 Blackbird
4 Drugstore chain begun in 1902
5 Elevator name
6 Superman foe Luthor

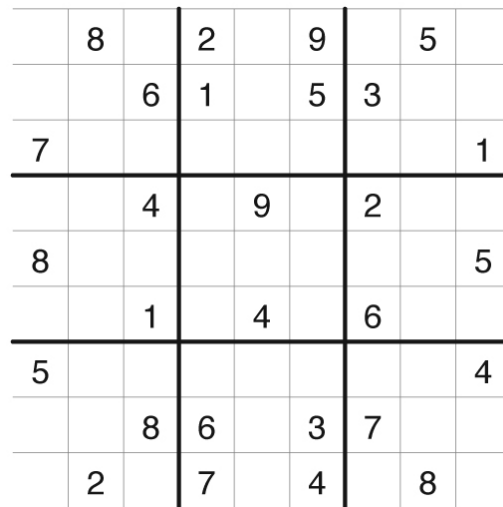


- 7 With listlessness
8 Costello's partner
9 Fashion line?
10 "Frasier" actress
11 Detail, for short
13 Frizzy hairstyle
19 Albacore, e.g.
20 Gorilla
21 Standard
22 Not for the faint of heart
23 Unclear images
25 Capital of Wyoming
26 33-Down's protection
27 Birds' home
29 Goblet part
31 Pigpen
33 Black-and-white kin of weasels
34 PC peripherals
36 Isn't too tight or too loose
37 Ireland
38 Inside picture?
39 Sharpen
40 Line of symmetry
43 Listener
44 Twelve
45 Addams cousin
46 Definite article

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

2	3	7	8	4	5	1	9	6
9	4	1	2	6	3	5	8	7
5	6	8	1	9	7	2	3	4
8	7	2	3	5	1	6	4	9
6	1	5	4	7	9	8	2	3
3	9	4	6	8	2	7	5	1
4	5	9	7	1	8	3	6	2
1	8	3	9	2	6	4	7	5
7	2	6	5	3	4	9	1	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Lori, I just want to let you know that you are everything to me and I love you so much, i am so sorry for the things that i have done and i hope that we could be the way we were before. i miss you so much and love you more than ever. BABY.

AH, The times that we have spent together will always cherish my memory. Thanks for everything! Plus, give your best shot to everything. develop self-confidence & success will be at your doorstep. don't worry! - A SINCERE FRIEND.

I looked through a window and found you. You have captured my heart for ever, my darling. YOUR LOLO

Erin, I luff you infinity. Enough Said.

MIEG

Today's horoscope

♈ Aries March 21-April 20
Watch your back as the week begins, don't let rivals creep up on you.
♉ Taurus April 21-May 21
Unless it really is a sure thing give what others are proposing a miss, for now.
♊ Gemini May 22-June 21
Put your heart and soul into what you are doing. Make sure you are the very best. Be brilliant.
♋ Cancer June 22-July 22
A work colleague seems to have it in for you and you don't

have the faintest idea why.
♌ Leo July 23-Aug. 23
If you get the chance to go somewhere different today you must take it.
♍ Virgo Aug. 24-Sept. 22
Listen to what your conscience tells you, then act on it. Your heart knows the way to go.
♎ Libra Sept. 23-Oct. 23
Give partners and loved ones room to be themselves.
♏ Scorpio Oct. 24-Nov. 22
No matter how irritating certain people may be you must not let them get under your skin.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21
Fate is sending good things your way, so make the most of them.
♑ Capricorn Dec. 22-Jan. 20
Live in the moment and make each moment special.
♒ Aquarius Jan. 21-Feb. 18
Make sure you don't shout at the wrong person today.
♓ Pisces Feb. 19-March 20.
You may be generous by nature but that does not mean you have to give it all away.

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Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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LOVE TO PLAY?

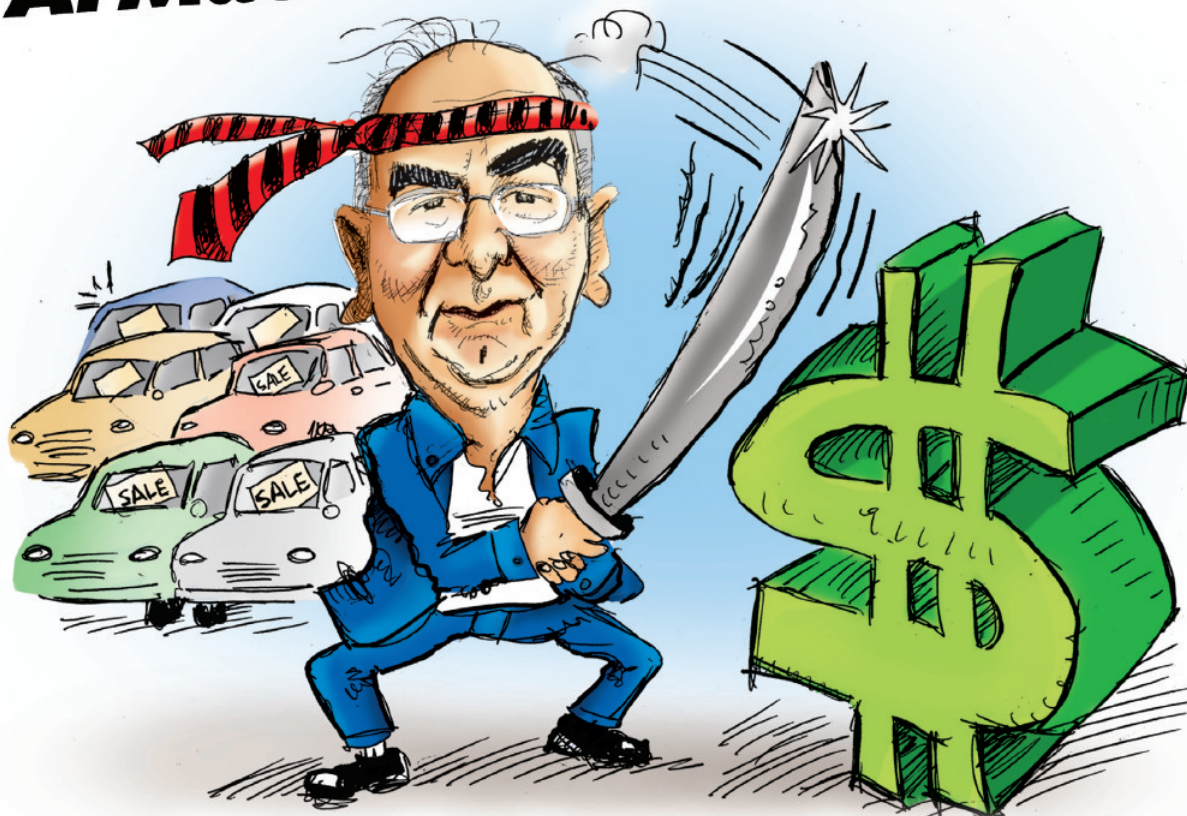
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† Terrain based on 72 month amortization. Camaro and Sierra based
on 84 month amortization. Payments are plus tax. OAC.

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